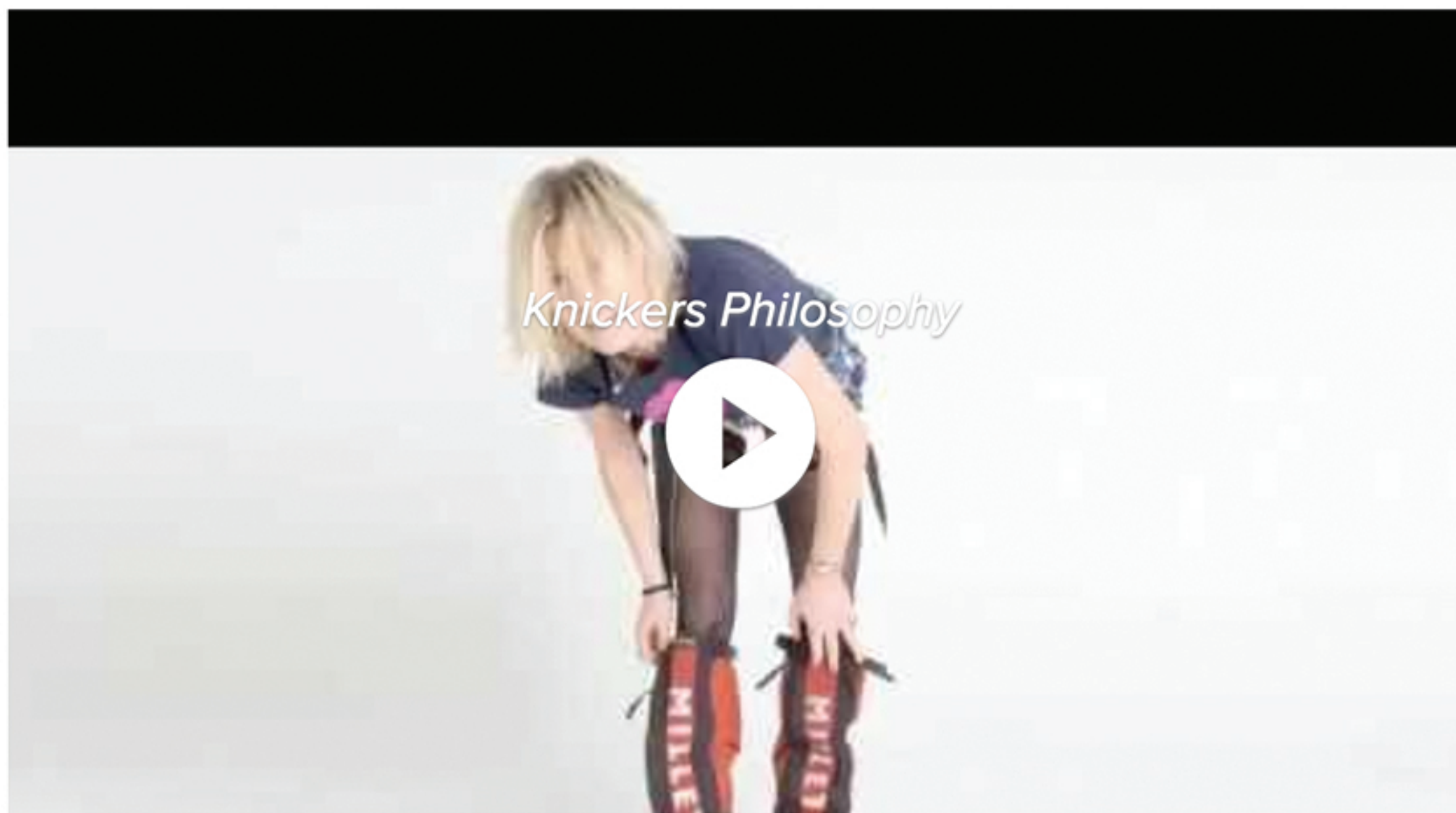




SQUASH FALCONER'S TOP 10 ADVENTURE ESSENTIALS

Squash Falconer is a mountaineer and adventurer with an infectious spirit and insatiable lust for life. She is the ultimate action woman; attacking big mountain climbs, skiing, snowboarding and paragliding with gusto, while still managing to find the time to hit the roads on her motorbike. Driven by a genuine love for sport, the outdoors and a desire to have fun, nothing is beyond the realms of possibility and Squash takes on every challenge from summiting Everest to paragliding from Mont Blanc with a smile on her face, a positive attitude and a good selection of knickers.

We all understand the importance of a strong foundation and Squash believes that your underwear is the most important foundation of all. The wrong pair of pants can lead to a pretty miserable day and as the lady herself says, "If your knickers are right, everything goes right!" [Click here](#) to find out more about Squash's Knicker Philosophy and to pick up some great tips that will help to keep you feeling human when you're far from home!



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We Asked Squash to Give us her Top 10 Adventure Essentials, here's What she Chose:

1. A sense of humour
2. My favourite knickers-several pairs
3. **Rab Microlight Jacket**– it's like my comfort blanket
4. Sun dried tomatoes. I took some to Everest and it was the most incredible treat!
5. Wet wipes- good ones! An instant shower.
6. Chocolate, I love whole nut but any will do.
7. **Salomon trainers**. Happy feet = Happy Squash!
8. **My GoPro** to capture the memories.
9. A toothbrush
10. My paraglider- well, you never know!

Read more about Squash and her adventures at www.squashfalconer.com
You can also follow her on Facebook and Twitter

INSPIRED? SHOP NEW GEAR!

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